

Winter 2021



Partnering for Health

Farm to School to Healthcare's Youth Food Summit

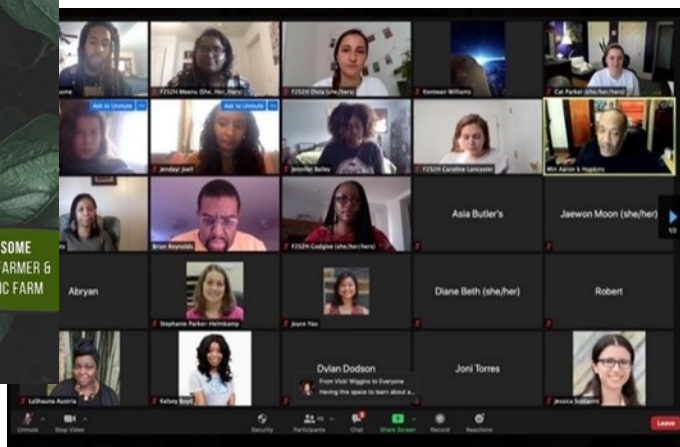
Submitted by Mary Jane Lyonnais, PICH Regional Healthy Foods Coordinator

On Martin Luther King Jr. Day 2021, PICH worked with Farm to School to Healthcare in Hertford County to present a virtual Youth Food Summit. Regional partners, food advocates, youth and adults who work with youth were invited to join. The summit covered a variety of topics including food justice, agriculture in the classroom, gardening with children, farm to early education, youth empowerment/engagement, composting and racial equity. The purpose of the summit was to create a platform to uplift the work of youth from across northeastern NC and to educate adult partners about best practices for working alongside youth. During the summit, the garden stewards (youth involved in Farm to School Healthcare) got to showcase their work to food leaders across the state and country and attendees got to network with youth and others working in healthy food access. The keynote speaker, Kendrick Ransome, a 4th generational black farmer and minority farmer of the year, spoke about the importance of connecting youth back to the land and doing so in meaningful and relevant ways. This year's youth summit was filled with innovation, collaboration and hope for the future! Thank you to everyone who was able to join and check into Farm to School to Healthcare's Facebook page for updates and video recordings of the sessions @farm2school2healthcare.

Importance of Connecting youth back to the land in a meaningful and relevant way.

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New Annex Opened up at Beaufort County Health Department

Submitted by Jim Madson, Beaufort County Health Department

Beaufort County opened up use of their new Annex for COVID-19 testing in November 2020. Currently testing is done Monday through Friday from 9:00 to 12:00. Up to 220 tests have been processed in a single day. The building will also be used for small vaccinations operation.



Rescheduled: We Are The Champions Conference 2021



Because of the priority of COVID-19 vaccinations for the foreseeable future and the demands on public health department staff time, "We Are The Champions! Moving Public Health Forward TOGETHER" workforce development conference is being rescheduled for fall 2021 when we are hopeful that more LHD staff will be available to attend. The North-eastern North Carolina Partnership for Public Health conference planning team is working with Eastern AHEC to provide the same, or similar, one-day conference offerings as originally planned. Be on the look-out for the Save-the-Date and plan to attend. Thank you for your patience.

Halifax County Health Director and COVID-19 Team Receive Annual Employee Awards for 2020

Halifax County manager, Tony Brown, announced the annual employee awards on December 4, 2020 as part of a modified holiday luncheon where lunches were delivered to county employees due to the Covid-19 pandemic. The special achievement award and the employee of the year winners are chosen from submissions made by county employees. The department head of the year is chosen by the county manager and deputy county manager. The Employee of the Year Award was given to Tonya Stephens from the Finance Department. The Special Achievement Award was given to the Covid-19 Team from the Public Health Department. And Bruce Robistow, Public Health Director was awarded the Department Head of the Year. Winners were presented with awards and banners to display in their offices.



COVID-19 Vaccinations - Dare County

Shared by Laura Willingham, Dare County Health and Human Services

Dare County Department of Health and Human Services (DCDHHS) has been busy providing COVID-19 vaccinations to the citizens of Dare County. The number of first doses administered by DCDHHS through January 31, 2021 was 6,399, and 232 second doses.

Pictured at right: On January 6, 2021 Dare County Department of Public Health and a team of dedicated public servants worked tirelessly to deliver a potentially life-saving vaccine to this WWII veteran and 300 other kind, grateful senior citizens during a COVID-19 vaccination clinic. *(Photo Credit: James Wooten)*



One Is Too Many

Cardiovascular disease claims the lives of 1 in 3 women.

Join us this **February 5** and **wear red** to raise awareness because **losing even one woman is not an option.**

<https://www.goredforwomen.org/en>



COVID-19 Vaccinations - ARHS Chowan County

Chowan County COVID-19 Vaccination Clinic Photos from January and February Drive-Thru Clinics at the American Legion Fair Grounds. Albemarle Regional Health Services (ARHS) Staff, along with assistance from the Sheriff's Office, EMS, National Guard, and other community members have registered and provided 2903 first dose vaccines in Chowan County as of a January 29, 2021 press release. Photos submitted by Wanda Stallings and Julie Tunney.



Pictured Above and At Left: Kylli Priest and Shannon Whitehead.



Wanda Stallings at left reviewing registration form.



Pictured at left: Janette Palumbo, ARHS-Chowan Nurse Supervisor and EMS worker gearing up to administer a vaccination.

At Right: Kylli Priest administering COVID-19 vaccination



MTW Hope Exchange, Vaccinations, and "Give Kids a Smile" Day

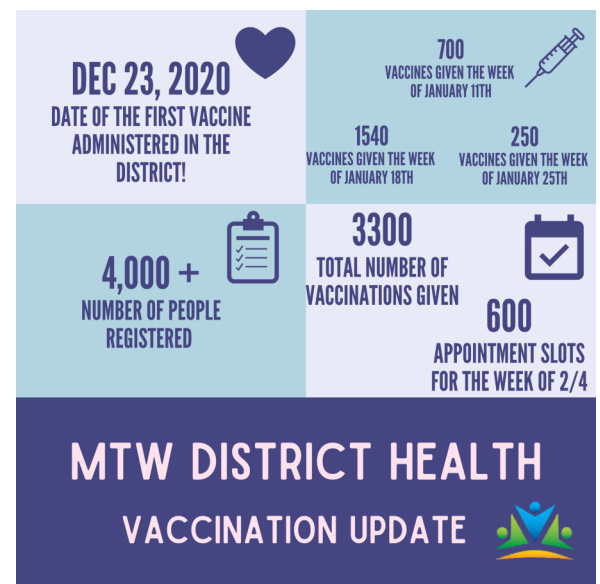
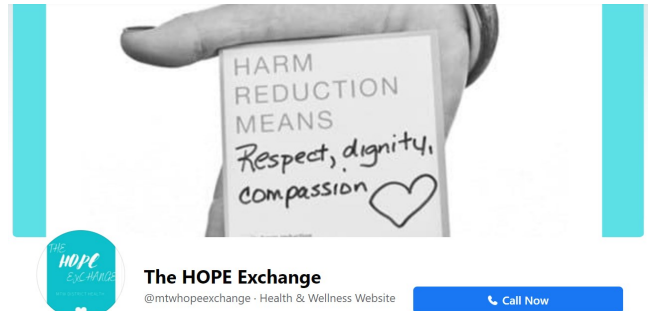
Submitted by Kirsten Smith, Martin-Tyrrell-Washington District Health Department

The Martin-Tyrrell-Washington (MTW) District Health Department's, Hope Exchange Program, has recently started an Advisory Team. The purpose of the team is to help inform the program inclusive of areas such as strategies for reaching new clients, overdose prevention including Narcan training, and community outreach opportunities. The team meets monthly and consists of former and current substance users. Please also like us on Facebook and spread the word so we can continue to build our program and help those who need our services! <https://www.facebook.com/mtwhopeeexchange>



MTW District Health has been working hard to vaccinate those who are eligible to receive a COVID-19 shot. We are pleased to report that we have given a total of 3,300 vaccinations.

"Give Kids a Smile" day will be February 9th this year. We are very excited to offer free cleanings, x-rays, extractions and fillings to children who are 18 years and under without insurance. See the flyer for more details.

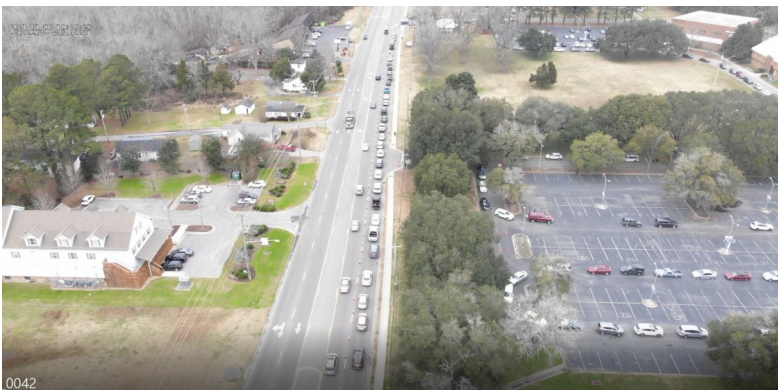


Albemarle Regional Health Services Provides COVID-19 Vaccinations

Submitted by Amy Underhill, Albemarle Regional Health Services

As we continue to navigate the largest pandemic vaccination response in our nation's history, it's the hard work and perseverance from health department staff, county and community partners that is making this vaccine campaign a success. Albemarle Regional Health Services is providing vaccinations to individuals through weekly vaccination clinics in each of their eight counties. As of a January 29, 2021 press release, ARHS has administered 24,835 first doses and 2,928 second doses of COVID-19 vaccines.

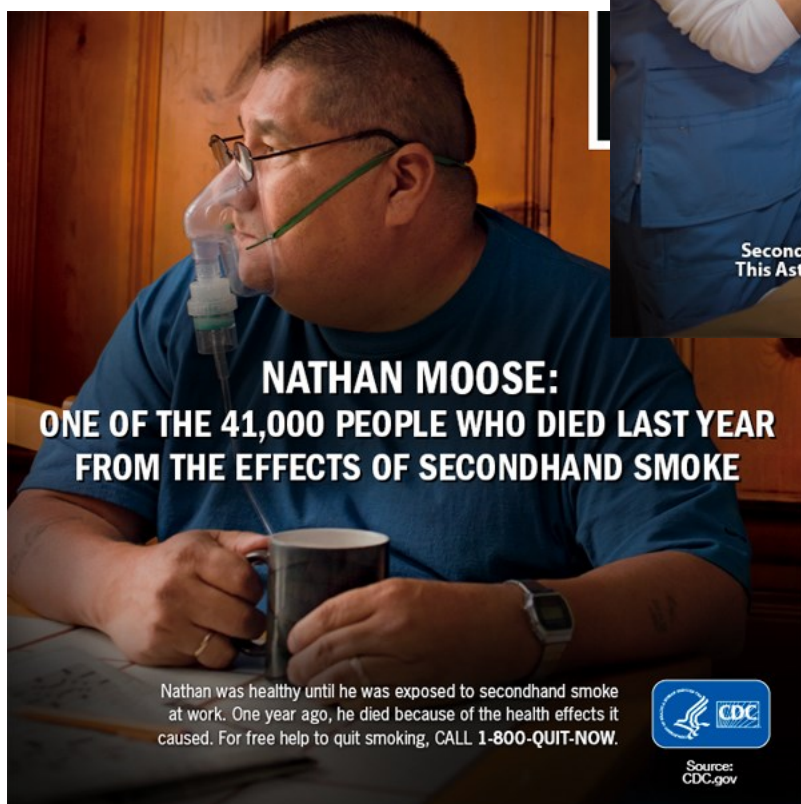
Below photos are from Pasquotank and Currituck County Clinics.



Regional Tobacco-Free Media Campaign Launched

Submitted by Teresa Beardsley

Our regional Tobacco-Free Media Campaign has launched! Region 9 and Region 10 partnered to promote a tobacco prevention initiative across 24 counties in Northeastern NC. Teresa Beardsley, Tobacco Prevention and Control Manager with Albemarle Regional Health Services, combined efforts with Tiffany Thigpen, Region 10 of Pitt County. With the help of iHeart Media, the goal is to establish stronger tobacco free policies by targeting decision makers, government officials, local business owners and other influencers within our region by building awareness about the dangers of secondhand smoke. A combination of social media and targeted display ads are being utilized to share this message. This campaign will make nearly 4,000 impressions within our region! The ads being utilized are from the already established and tested CDC Tips From Former Smokers.



Apple Corn Chili Recipe

A recipe to warm you up on a cold day.

This quick-fixing chili, with a base of sautéed, puréed red apples and yellow corn, is so thick and flavorful that you'd never know it's low in fat and sodium. The recipe is made with chicken, but it can be made vegetarian by omitting the chicken and substituting vegetable stock for the water and bouillon.

Ingredients

Soup

- 2 T olive oil, divided
- 8 oz boneless, skinless chicken breast, cut to ½" cubes
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 15 oz can yellow corn, no-salt-added, drained
- 2 red apples, such as Braeburn, Empire, or Fuji, chopped (skin on)
- ½ T ground cumin
- ⅛ tsp cayenne pepper (if desired)
- 15 oz can black beans, no-salt-added, drained and rinsed
- 4.5- oz can diced green chiles, drained
- 2 tsp sodium-free chicken bouillon
- 2 cups water

Topping

- ¼ cup reduced-fat sour cream
- ¼ cup fresh chopped cilantro (if desired)



Instructions

In a stockpot, heat 1 Tbsp olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes. Set aside about 1 cup of the mixture. Purée remainder in food processor or blender, adding a portion of the water, if needed, and return to pot. Add browned chicken, black beans, chiles, bouillon, and water. Bring to boil and simmer about 15 minutes. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.

Serving Suggestion: Serve with a whole-grain tortilla and/or salad and an 8 oz glass of fat-free (skim) milk.

Nutrition Information

Servings: Four (4)

Calories: 360

% of Calories from Fat: 28%

Carbohydrates: 48g

Total Fat: 11g

% Calories from Sat Fat: 8%

Cholesterol: 35mg

Saturated Fat: 3g

Protein: 20g

Dietary Fiber: 9g

Sodium: 145mg

<https://www.myplate.gov/recipes/myplate-cnpp/apple-corn-chili>

Northeastern NC Partnership for Public Health



Bertie • Beaufort • Camden • Chowan • Currituck • Dare
Edgecombe • Gates • Halifax • Hertford • Hyde • Martin
Pasquotank • Perquimans • Tyrrell • Washington

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**“Healthy Communities Through
Leadership and Collaboration”**

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Calendar of Events

Feb 18	NENCPPH Substance Misuse Taskforce Meeting
Mar 12	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Mar 22	NENCPPH Finance Committee Conference Call
Mar 25	NENCPPH Board Meeting
Mar 26	NENCPPH Workforce Planning Meeting
May 31	Items Due for Spring NENCPPH Newsletter

For full calendar view: <https://www.nencpph.net/calendar>

Board of Directors

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Director, Martin-Tyrrell-Washington District Health Department

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Battle Betts
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Sheila Davies,
Director, Dare County Department of Health & Human Services

Ruth Little
Public Health Dept., East Carolina University

Beth Lovette
Division of Public Health, NC Dept of Health and Human Services

Amy Belflower Thomas
NCIPH at Gillings Global School of Public Health,
UNC at Chapel Hill

What is the Northeastern North Carolina Partnership for Public Health?

The Northeastern North Carolina Partnership for Public Health (NENCPPH) is a partnership of health departments in Northeastern NC which have come together with support from the Division of Public Health, East Carolina University, and the NC Institute of Public Health at UNC Chapel Hill, to collectively address the community's health by sharing best practices and resources. Currently the NENCPPH represents seven health departments and sixteen counties.